

At Your Leisure

Arizona State Veteran Home
4141 North S. Herrera Way
Phoenix, AZ 85012
602-248-1550 www.azdvs.gov
June 2010



Please join me in congratulating our Resident of the Month for June 2010, Leo "Lee" Powers. Lee Powers is a resident of the Sunnyville Community, and has lived at the Arizona State Veterans' Home since February 2010.

Mr. Powers was born in Lynn, Massachusetts in 1925. He is one of three children. He has a brother Robert and a sister Margaret. Mr. Powers attended high school at Lynn English High School where he began a life-long love of sports. He played baseball for three years and football for two years. He also played American Legion baseball for two years. Mr. Powers' father passed away when he was sixteen, and he helped his mother a great deal during these early years.

Mr. Powers enlisted in the Army during WWII, joining with a group of his buddies from the baseball team. The first year of his career was spent stateside completing basic training in Texas and Louisiana. Mr. Powers hated hot weather, so he was hoping to be deployed to Europe. Unfortunately, he found himself in the Pacific, spending two years in New Guinea and one year in the Philippines. Mr. Powers described New Guinea as, "just a hot jungle!" He spent most of the time on night patrol where "the job was flushing the Japanese out of the caves where they hid."

Mr. Powers described the feeling of hyperawareness, saying, "They say guys don't get scared, but you're scared most of the time when you're out there. You're very careful, because one shot from a Jap and that could be it." Mr. Powers remembers the month-long boat trip to get home, saying, "It was a long month, it felt more like two months." When they disembarked in San Francisco, he was elated to eat real American food. Mr. Powers was discharged from the Army at Fort Devins in Massachusetts. Today, Mr. Powers tries to forget some parts of his Army career and focus on the good times.

After two years in Massachusetts, Mr. Powers and his mother, who he had been taking care of, moved to New Jersey with his sister and her husband. It was in New Jersey that Mr. Powers met his wife Frances. The couple met at a dance and started going steady and soon after married in 1954. It was Frances' second marriage, and Mr. Powers was like a father to her nine-year-old daughter Sandra. They had been married for twenty-seven years before she passed away from complications of cancer. Mr. Powers never married again, "because, once was enough." Lee worked for a grocery warehouse for thirty-one years before retiring at the age of sixty-two.

Mr. Powers moved out to Arizona in 1984 because they heard it was really nice. Lee traveled to Phoenix with Sandra and her husband, who. He laughingly described the move as "the worst thing I ever did," because of his distaste for hot weather.

Today, Mr. Powers is still a self-described "Sports Fanatic." He follows sports as closely as he can, reading newspapers, magazines and watching ESPN. His grandson works at the VA and visits daily, bringing a copy of the sports page. He also loves pet visits. Mr. Powers is a great conversationalist and a general "good guy."

His advice is this: "If there is something you are interested in, just try your hardest to accomplish it. You never know what will happen—you could be gone tomorrow."

Congratulations to June's Resident of the Month, Leo "Lee" Powers!

Family Council

Please join the families of the ASVH at the monthly Family Council Meeting that occurs every third Saturday of the month at 10:00 a.m. in the Training Center. This is a time for the families of the ASVH to come together and try and resolve issues, express concerns, share ideas on how to improve the lives of our veterans, as well as be a support system for each other.

We welcome you to participate and help define the Family Council. The next meeting will be Saturday June 19, 2010.

If you would like more information about the Family Council or you are a family member who is not receiving the Family Council letter please give us a call at 602-248-1550 and we would be more than happy to assist you.

Thank you,
Family Council

Resident Birthdays

Manuel Alexandropoulos	06/01
Alvin S Follis	06/02
Ruben N Castillo	06/03
Lilia M Diaz	06/05
Charles E Hunt	06/08
Francisco A Garcia	06/16
Juan Padilla	06/16
Peter Italiano	06/17
Martha Tigie	06/18



Helen A Bradley	06/18
James M Banney	06/23
Joseph F Freeman	06/23
Isabelle Shankman	06/26
Edward J Petry	06/26
Edwin H Brunotte	06/29
Ruth Jordan	06/29
David A Poluszejko	06/30

Volunteer Information

VOLUNTEERS ARE NEEDED FOR ON-GOING ACTIVITIES:

Wednesday and Friday Afternoon Card Games:	2:15pm – 3:15 pm
Friday Morning Activities:	10:30am – 12:00pm
Park Walks:	Any day – early mornings

Please check out our calendar of events on our web site www.azdvs.gov Volunteers are welcome at any of our activities.

Our next Volunteer Orientation will be Saturday June 19, 2010 at 10:00am at the Arizona State Veteran Home. If you would like to attend this orientation please contact Volunteer Coordinator Candy Covarrubiaz at 602-351-6879 or by e-mail at ccovarrubiaz@azdvs.gov.

Therapeutic Programs Spotlight

by Leslie Goin

This past month we were fortunate to have many occasions to celebrate and remember. Mary Hayman, a resident on Flagtown celebrated her 100th birthday on May 29th. On the 26th we had our Hawaiian Luau and on Memorial Day we remembered that Freedom isn't Free and we honored all of our Veterans and Military Personnel who have passed on. Governor Janice Brewer visited our home on Memorial Day and was the keynote speaker for our program.

During this next month we will be busy starting up our summer volunteer program with the local high schools and are excited to have the students return. If you are interested in volunteering with America's Heroes, please contact Candy Covarrubiaz at ccovarrubiaz@azdvs.gov or by calling 602-351-6879.

WISH LIST



DONATIONS NEEDED:

Thank you for your interest in making a donation to the Arizona State Veteran Home. Donations may be brought directly to the home at 4141 North S. Herrera Way, Phoenix, AZ 85012. Checks may be made payable to: Veterans Donation Fund, and mailed to the home, attention: Candy Covarrubiaz. For further information you may contact Candy at 602-351-6879.

The Arizona State Veteran Home has a need for the following items:

- Soda Pop (Mini Cans preferred variety of flavors, regular and sugar free)
- Movie DVD's
- Badge making machine (\$1,500)
- Books on DVD
- Ambient DVD's from www.Vat19.com (or similar suppliers)
- CD music from the 1940's, 50's, 60's and 70's
- Bingo coupons to our gift shop. Help us provide bingo coupons to the residents. Each coupon costs 25 cents and we typically hand out \$40.00 worth of coupons per game. You may make a donation to the Arizona State Veteran Home and earmark the donation to be used for the bingo fund.
- Organizations to host a meal at our facility for one hallway of residents (25 Veterans) or a unit (50 Veterans). Your group could either bring in a meal cooked at your post or order in from a fast food restaurant.

WE NO LONGER ACCEPT THE FOLLOWING ITEMS:

Books and Magazines

Used Clothing

Medical Equipment (walkers, wheelchairs, etc)

Hygiene Products (shampoos, soap, toothpaste etc.)

If you have this type of equipment to donate we suggest you contact Art Sloane 480-802-6810 in order to donate to the Stand Down for homeless veterans.

VETERAN HOME RESIDENT CELEBRATES 100TH BIRTHDAY

Arizona State Veteran Home resident Mary Cunningham-Hayman witnessed the end of World Wars I and II, Prohibition and the “real” Great Depression. Mary also saw the birth of air travel and the grainy televised footsteps of the first man on the Moon. On Saturday, May 29th, 2010 Mary’s friends and family will gathered for a birthday celebration as she turned 100 years old.

To mark the occasion, a number of fellow residents read poems they had written and a CD of memorable photographs of Mary’s long life was shown. Then, all enjoyed birthday cake, a very simple celebration to mark the long life of a remarkable woman.



Grand Canyon University Military Division came to the Arizona State Veteran Home and treated our Veterans to some Donuts!



Arizona State Veteran Home Memorial Day Celebration!



Rehab Corner



Osteoarthritis—What is it? How do you prevent it?

Before explaining OA (osteoarthritis) one needs to understand the function and anatomy of a joint since arthritis is a disease process of joints.

A joint is defined as a place of movement within the body where two bones come together. At both ends of every bone is a layer of cartilage. Cartilage provides a cushion or extra protection as the bones within a joint rub together. The bones are connected by ligaments and tendons and muscles which support, stabilize and move the bones allowing our bodies to move through space without restrictions. Surrounding the whole joint is a synovial sac or balloon. This sac produces synovial fluid which lubricates the cartilage and provides another thin layer of protection on the bones as they move on each other. Our joints were designed to disperse impact forces. Some joints do this better than others. Normal function throughout ones life span causes expected wear and tear on the cartilage. What is normal wear and tear? Micro shredding of the cartilage surface covering the bones occurs with every movement inside the joint. The synovial fluid assists in minimizing the amount of shredding. As we age under normal and healthy conditions, our bodies begin to shed the extra fluid. This fluid comes from our skin cells, our joint spaces, our eyes, nasal passages etc. This is the process that leads to dry eyes, wrinkles and general aches and pains. Within the joint space, the synovial fluid diminishes. Believe it or not, moving the joints through full ranges causes the synovial lining to produce more fluid. Staying active is the key to keeping the joints mobile. Unfortunately, damage to a joint that leads to swelling causes breakdown in the cartilage at a faster rate.

Damage to a joint can come in multiple ways. Trauma is the usual type of damage but trauma can be micro, minor or major. Micro trauma is due to repetitive motions. Minor traumas are incidents or accidents that cause swelling in a joint but do not limit mobility. Simple sprains could be an example. Major trauma are incidents where there is tearing of structures. Major trauma may or may not require surgical intervention. The longer a joint stays swollen the more damage to the cartilage. Multiple traumas to a joint space over a period of time will lead to permanent changes in the joint space. These changes often times cause narrowing the space between the two bones. As this occurs, the cartilage on each bone surface rubs more and more. This rubbing causes layers or pull off. Softening of the cartilage begins. This is the point where we become aware of the joint and may seek medical advice. Why? The pain often times increases or becomes constant. The diagnosis of Degenerative Joint Disease or Osteoarthritis is made.

The arthritic cycle of development looks something like this: The pain leads to compensation patterns for movement. Muscles tighten to avoid the pain and limit joint range. The joint stiffens from decreased movements and the synovial fluid is not produced. Lubrication within the joint is limited thereby reducing the protective lining over the cartilage and more contact is made on the bone surfaces. Soon, there is bone on bone contact and the pain interferes with function.

Normal aging processes will lead to joint changes. This is unavoidable. However, arthritis does not need to be the end result. Staying active is the key to preventing permanent joint changes. Keeping your muscles strong and long will provide stability and flexibility to the joints. Muscle strength helps keep the bones apart within a joint. This limits the amount of tearing on the cartilage surfaces. Remember moving the joint increases the synovial fluid inside the joint? The fluid limits the amount of friction on the cartilage surfaces. Keep hydrated. This is especially important in dry climates like Arizona. The more fluid your body has the more nutrition our joints and muscles can get.

MOVEMENT IS THE KEY TO SLOWING THE AGING PROCESS WITHIN OUR MUSCULO-SKELETAL SYSTEM!

Recreational Department calendar of events!

June

2010

Please check your unit calendar for a more detailed calendar of events!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am Art Class D-2 10am Cooking Group D-1 2:30pm Cooking Group C-1 5:30pm Dinner Social 6:30pm Pinochle	2 8am Breakfast Club trip to VA Canteen 10am Neighborhood Council 11am Sports & Games C-1 2:15pm Pokeno Hour D-2 3pm Residents Request-Gardening	3 9am Mid Week Services 11am Rosary LH 2:15pm Blue Bingo D-2 6:30pm Poker and Games	4 11:40am Candi Smith in concert D-2 11:30am Concert: Leon Littleton C-1 2:15pm Games Shows D-2 7pm Movie and Popcorn D-1	5 10am Blue Bingo D-2 11am Pet Visits 2:15pm Pokeeno 2:15pm Cooties Pup Tent #11 Dog Races D-2 7pm Resident Discussion Group
6 11am Catholic Mass (VA) 11am Protestant Services D-1 2:15pm Blue Bingo 2 nd floor dining room 4pm LDS Services Training Center	7 10am Coffee House D-2 11:20am Sensory Group D-2 2:15pm Sun City Elks Bingo 6:15pm Wii Bowling & Crafts LH	8 10am Art Class D2 10am Cooking D1 3:30pm Liar's Club D-2 Dinner Social 6:30pm Pinochle C-1	9 8am Breakfast Club trip to VA Canteen 11am Sports integration D-2 2pm Food Committee LH 3:30pm Resident Run Poker D-2	10 9am Mid-week Services D-2 10:30am Strength Training D-2 11am Rosary LH 2:15pm Blue Bingo D-2 6:30pm Poker Game	11 10:45am Karaoke D-2 10:30am Strength training 11:20am Todd Hagen D-1 2:15pm Game Shows D-2 7pm Movie and Popcorn D-1	12 10am Blue Bingo D-2 11am Pet Visits HOV 2:15pm Pokeno Game D-2 7pm resident Discussion Group LH
13 11am Catholic Mass (VA) 11am Protestant Services D-1 2:15pm Blue Bingo 2 nd floor dining room 4pm LDS Services Training Center	14 10am AM A.L.#44 Sing A Long D-2 1pm Steak Lunch by Legion riders C1 2:15pm Phoenix Elks Bingo	15 10am Arts Class D2 10:15am Cooking Group D-1 3:30pm Liar's Club D-2 Games and Prizes	16 8am Breakfast Club trip to VA Canteen 11am Sports and integration D1 2:15pm Pokeno Hour D-2 3pm Residents request Gardening Games	17 9am Mid Week Services D-2 10:30am Strength Training D-2 11am Rosary LH 2:15pm Blue Bingo D-2 6:30pm Pinochle C-1	18 10:30am Sensory Drinks 10:45am Ken walker in Concert D-2 11:20am Dave Swain D-1 2:15pm Game Shows D2	19 10am Blue Bingo D-2 11am Pet Visits HOV 2:15pm Gary the Magician D-2/C-2
20 11am Catholic Mass (VA) 11am Protestant Services D-1 2:15pm Blue Bingo 2 nd floor dining room 4pm LDS Services Training Center	21 10am Coffee House D-2 2:15pm Leon Littleton D-2 7pm American Legion Bingo LH	22 10am Art Group D-2 3:30pm Liar's Club D-2 5:30pm Dinner Social C-1	23 8am Breakfast Club, Trip to VA Canteen, 11am Sports integration D-2 2:15pm Pokeno Hour D-2 3:30pm resident Run Poker	24 9am Mid Week Services D-2 10:30am Strength Training D-2 11am Rosary LH 2:15pm MOPH Bingo D-2 6:30pm Pinochle C-1	25 10:45am Sing a long with John Smith D-2 2:15pm Games Shows D-2 7pm Movie and Popcorn D-1	26 10am Blue Bingo D-2 11am Pet Visits HOV 2:15pm Pokeno Game D-2 Cooties Pup Tent #14 Visit
27 11am Catholic Mass (VA) 11am Protestant Services D-1 2:15pm Blue Bingo 2 nd floor dining room 4pm LDS Services Training Center	28 10:15am PHX Art Museum LH 11:20am Sensory Group D-2 2:15pm Phoenix Elks Bingo D-2	29 10am Art Group D2 3:30pm Liar's Club D-2 5:30pm Dinner Social C-2 6:30pm Pinochle C-1	30 11am Sports Integration D-2 12pm Pizza Lunch Bring Ins 2:15pm Pokeno Hour D-2 3:30pm Resident Run Poker D-2			

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Thomas Creager
Administrator

